

LIFE IS...

- A Challenge: Meet It.
- A Gift: Accept It.
- An Adventure: Dare It.
- A Sorrow: Overcome It.
- A Tragedy: Face It.
- A Duty: Perform It.
- A Game: play It.
- A Mystery: Unfold It.
- A Song: Sing It.
- An Opportunity: Take It.
- A Journey: Complete It.
- A Promise: Fulfill It.
- A Beauty: Praise It.
- A Struggle: Fight It.



IT'S TAX TIME

Every Thursday from 11:00 a.m. to 3:00 p.m., beginning February 2, 2017 through April 13, 2017 at the Senior LIFE Center, AARP Volunteers will be on site to assist you.



FREE LUNCH

CONGREGATE MEAL PROGRAM, offered Monday through Friday, ensures a daily nutritious meal for Senior participants ages 60 years of age and older. It is free and Senior participants do not have to be a member of the Lancaster Senior LIFE Center. Senior participants ages 50-59, can purchase the nutritious meal for a fee of \$5.73. Senior participants must complete an intake form and nutrition assessment prior to participating in the Congregate Meal Program. This program is sponsored in part by the Dallas Area Agency on Aging "DAAA" and the Texas Department of Aging and Disability Services.



Lancaster, Texas 75134  
Lancaster Community Park



Monday through Friday  
9:00 a.m. to 5:00 p.m.  
Phone: 972-218-3780  
Fax: 972-218-3694

Lancaster Resident, \$3.00 Annually  
Non Resident, \$5.00 Annually



CITY OF Lancaster TEXAS

Quality of Life and Cultural Services  
Senior LIFE Center

"Adding Living to LIFE!"

February 2017



Don't Count the Days.

Make the Days Count.



Young at Heart

www.lancaster-tx.com

- February 1, 11:00 a.m., Sr. Groom and Glamour. RSVP Required.
- February 2, 11:00 a.m., AARP 2016 Free Sr. Tax Preparation. Sr. LIFE Center.
- February 2, 11:45 a.m., A Lifetime of Legacies. Birthday Celebration. Sr. Life Center.
- February 3, 12:45 p.m., Lancaster Cinemark Theatre. Movie Matinee.
- February 7, 5:30 a.m., Sr. Day at the State Capitol with The Senior Source.
- February 7, 9:00 a.m., Dallas County Health and Human Services Wellness Clinic.
- February 9, 10:30 a.m., Sr. Outing, Salt Grass Restaurant.
- February 9, 11:00 a.m., AARP 2016 Free Sr. Tax Preparation. Sr. Life Center.
- February 10, 10:30 a.m., Sr. Valentine's Social. Sr. Life Center.
- February 14, 12:45 p.m., Sr. Outing. The Dollar Store.
- February 15, 10:30 a.m., Sr. Outing. Red Bird Bowling Alley.
- February 15, 11:00 a.m., Senior Groom and Glamour. RSVP Required.
- February 16, 11:00 a.m., AARP 2016 Free Sr. Tax Preparation. Sr. Life Center.
- February 16, 1:00 p.m., Sr. Senate Meeting.
- February 17, 10:00 a.m., Sr. Black History Program. Sr. Life Center.
- February 21, 10:30 a.m., Sr. Word Search and Numbers Contest. Sr. Life Center.
- February 22, 10:30 a.m., Sr. Water Exercise.
- February 23, 10:30 a.m., Sr. Spelling Bee Contest. Sr. Life Center.
- February 23, 11:00 a.m., AARP 2016 Free Sr. Tax Preparation. Sr. LIFE Center.
- February 24, 10:30 a.m., Sr. Oracle Speeches. Sr. Life Center.
- February 28, 12:45 a.m., Sr. Outing. Walmart.

## 2017 Senior Senate Board Members and DAAA Nutrition Site Council



Jerry Diffenderfer  
President



Lee Murphy  
Vice President



Sally Moore  
Secretary



Gloria Russell  
Treasurer



Norma Chambers  
Community Liaison

SENATE



The Senior Senate is an advisory body, which functions as an advisory council for the membership, participants and the Senior LIFE Center Supervisor.

Additionally, the Council assists in the implementation of the Senior LIFE Center activities. Its main functions are to provide input and discussion regarding activities, the Congregate Meal Program, and support the Senior LIFE Center Supervisor.

The Senior Senate Board will represent and speak for the senior membership and participants and assist with the development of the Congregate Meal Program by:

- Assisting with the implementation of suggested voluntary meal contribution.
- Planning and implementing, with the approval of the Senior LIFE Center Supervisor, fund-raising activities.
- Cooperate and work with the Senior LIFE Center Supervisor and Staff Members.
- Promoting goodwill and good fellowship among the senior membership and participants, and in the community at large.

